Memories from the Heart
2023

2023

The Sacred Heart School of Montréal

Memory Book 2023

Head of School

Dear Sacred Heart Students,

Congratulations to all of you for completing another strong school year, and for achieving so many successes in academics, the arts, extracurricular activities, and community service. I hope you all have the same sense of pride and accomplishment that I feel, and that you have achieved all of your goals. Remember, high school is not a destination but a journey, so always strive to reach your full potential every step of the way.

I would like to take this opportunity to congratulate our graduates, for not only a successful senior year, but also for completing a successful, stellar high school career. This memory book is dedicated to them, and to all of their accomplishments.

Graduates, the end of your high school journey is the perfect time to stop and take a moment to ground yourselves. You have just achieved an important milestone in your lives! In this time of reflection, please remember that you have so much to be grateful for. You have parents who care deeply for you along with families who are excited to see you succeed. You have just completed your Sacred Heart education, with teachers and staff who have supported and guided you along your path to success. And while you were here, you had all kinds of unique experiences that have allowed you to change and grow – and of course, to form deep and lasting friendships.

But always remember that your success is not measured solely by wealth or status, but by the positive influence you have on those around you. Use your education and the values instilled in you to be agents of change, to advocate for justice and equality, and to contribute to the betterment of society. There is enormous power in kindness and compassion for others. In a world that can often feel divided, be the light that brings people together. Show empathy to those who are different from you and extend a helping hand to those in need. Small acts of kindness can have a ripple effect, transforming lives and fostering a more inclusive and harmonious society. As the saying goes, "be the reason someone smiles today!

Life will present you with obstacles, but it is through perseverance that you will overcome them. Embrace failure as an opportunity to learn and grow into a stronger version of yourself. Don't stand on the sidelines and watch; be an active participant in life. You may be criticized for making mistakes, but active mistakes while trying to make things better will always be better than making the passive mistake of doing nothing!! We can only grow through consistent trial and error, so never be afraid to fail!

Parents, our graduates could not succeed without your guidance and unwavering support. I always say that a strong education is built through teamwork between parents and school, and your commitment has made our partnership flourish.

Teachers, it is your knowledge, your patience, and your creativity that have guided these graduates through their high school years, and I cannot thank you enough for your excellent work. You have played a critically important role in our students' lives.

Senior Administration and Support Staff, you have supported our faculty and students every step of the way, continually going above and beyond the call of duty! Together with our teachers, you have created a school culture that is both academically rigorous and nurturing at the same time.

Graduates, let us recognize and thank your parents, teachers, and administration and support staff for being so instrumental in your success; we owe them a great debt of gratitude and respect!!

I am also grateful to this incredibly welcoming, inclusive Sacred Heart community. To all of the RSCJ sisters who have dedicated their lives to Sacred Heart education. To our extraordinary volunteers that I have had the privilege of working with on the Board of Directors, The City House Foundation, The Parents Guild and the Alumnae Association.

I am grateful to our dedicated parents, and to our talented and caring faculty and staff, for giving me the privilege of working with such wonderful people.

And graduates, I am also grateful for YOU! Over the past five years, you have given me many fond memories in every chat we've had, in every school activity or sports game where I got to cheer you on and watch you succeed. You are a class that has proven time and time again that when it's time to get the work done, you're ready to buckle down and pull it off.

On behalf of everyone at The Sacred Heart School of Montreal, I would like to wish you, the CLASS of 2023, great success in all your future endeavors. I am very proud to be "graduating" with you this year and being an honorary Alum of your class, and I hope to see you all again one day when we come back to visit our alma mater!!

This year's memory book is another resounding success! I want to thank our talented team, led by faculty editor/advisor, Ms. Sarah Jones, and aided by fellow colleagues Ms. Alexandra Lantosh and Ms. Lauren Quintal. I also want to thank student editors Kaylin Montour and Ariana Zacchigna for their dedication and countless hours devoted to this year's production. They have all gone to great lengths to showcase our students' many talents and activities, and in capturing student life at our school. I am sure you will enjoy the fruits of their labour!

Happy retirement Mr. O'Donnell

CONGRATS!

Director of Academics

Anika Maloni

Congratulations class of 2023 for arriving to graduation after five years which looked very different from what you imagined as little secondary one students walking through the halls. I am grateful to the faculty and staff, your parents, and your loved one, for all working together to support you in achieving this tremendous milestone.

I have had the privilege of teaching many of you and getting to know your hopes and dreams throughout years of conversations, complaints, and laughs. I am excited to see the paths you will carve out for yourselves as you leave these halls.

Sacred Heart has been a sanctuary for many of you and I hope, over the years you have felt your heart nurtured. I hope that you have started to hear its calls and that you can intimately connect with its flutters and rhythms. Your Sacred Heart is your natural compass to guide you as you face the future that lies ahead. The heart does not nudge you for nothing and it usually pushes you towards authenticity- To be you, to choose you, and to find you. Do what lights you up inside and what sparks your truth. Take leaps of faith and use your heart's gifts to inspire others.

A beautiful life is an achievement of the heart. It is about how much you care about what you do each day, the people around you, and how bravely you put your heart into all you touch. Your heart is the ultimate guide to happiness. Over the years you have heard me talk about meditation, movement, hydration, fueling your body with healthy goodness, practicing forgiveness & gratitude and living with purpose and meaning as ways to nourish your heart and soul. What matters is that you find what ignites YOU and what fuels YOU with oxygen and energy.

Graduates, Your Sacred Heart is always with you.
Come and visit. Stay connected to the memories you have made.
Home is where the Heart is.

Julian Beauvais

Iveth Bosmediano

Stephanie Broadhurst

Maureen Brown

Maria Cusma

Gabriella D'Onofrio

Loriann Daigle

Jess Dobson

Nadia Floriani

Angelo Gallo

Catherine Gauthier

David Gubiani

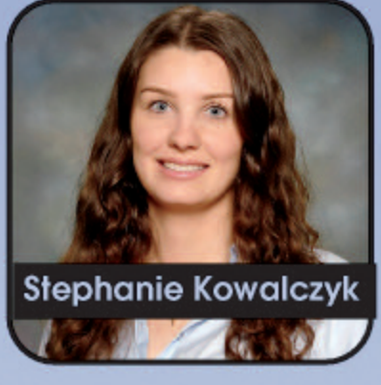
Pooyan Haghighat

Joan Harrison

Sarah Jones

Peter Judson

Jaya Knauft


Stephanie Kowalczyk

Kennedy Lane

Alexandra Lantosh

FACULTY & STAFF

Krystal Lapierre

Marie - Elaine Laquerre

Lili Le Fevre

Nia Leventis

Kristina Lisak

Megan Littman

James McRae

Toula Michalakos

Rommy Nashi

Jennifer Newton

Sonny Nicolas

Hélène Pagette

Polly Palumbi

Myriam Phaneuf

Lauren Quintal

FACULTY & STAFF

Miranda Ramchatesingh

David Reda

Gedi Snapkauskas

Christie Spiropoulos

Ashley Thorup

Aran Waldbrook

Peter Ward

Dora Zanni

Name that baby

Top row, left to right:: Mr. McRae, Ms. Harrison, Ms. Quintal, Ms. Laquerre, Ms. Lapierre, Mme. Phaneuf, Ms. Floriani, Ms. Waldbrook, Mr. Gallo, Ms. Lantosh, Ms. Cusmai, Ms. Le Fèvre, Ms. Daigle, Ms. Brown, Ms. Broadhurst, Ms. Littman

Anonymous

Sacred Heart's Student Leaders

PREFECTS

President:
Mackenzie Baldry

Vice President:
Bianca Paolucci

Secretary:
Yixuan Wang

GAA Co-captains:
Emily Stevenson
&
Julia Mazzarello

Environmental:
Olivia Blizzard

Service:
Savannah Corsetti

Secondary One

Stella Beaulieu

Jamie Brodhead

Mila Corsi

Alessandra Crescenzi

Sofia Cummings

Laura De Pellegrin

Gabriella Ferri

Kyriaki Foglietta

Alexi Gervasi

Mila Iannantuono-Guay

Gallo Isabella

Sanya Kohli

Class of 2027

Fotini Kokkinakis

Jamie Langdon

Giulia Mancini

Lyscia Mantion

Sonya Patten

Helen Popliger

Shelby Ruggins Marchand

Maria Jose Ruiz del Rio Gonzalez

Nikita Sappier

Juliana Toppetta

Kotoho Utsunomiya

Gabriella Abarbanel

Sienna Annisi-Palmieri

Zoe Bahos

Thea Blundell

Eva Cacchione

Mara Cacciola

Siena Caprera

Daniela Carmosino

Yoonji Cho

Sarah Christakis

Valentina Christiano

Vivian Cochrane

Olivia Colacci

Sara Corsi

Avery D'Ambrosio

Maya David

Maria Di Giovanni

Sarah Discepola

Sophia Elhami

Julia Espana Vera

Kiera Fanelli

Sophia Fiore

Elena Frappier - Temcheff

Heidi Gagnon

Fallyn Gammie

Gwendolyn Gilpin

Emma Gobbi-Dick

Olivia Hammer

Carmen Hueppin

Jessika Iorio

Secondary Two

Class of 2026

Victoria Lee

Emily Locke

Megan Maselli

Kaley McLeod

Alyssa Ment-Khoury

Justine Monette

Alessandra Mucciardi

Siena Muzzo

Grace Myiow

Antonia Pontillo

Kiara Rodriguez-Qizilbash

Elisabetta Roselli

Jessica Saba

Daya Kaur Saini

Victoria Shemie

Claire Singer

Mikaila Tilden

Isabella Triassi

Siena Velenosi

Arcano Victoria

Avery Webster

Lu Ye

Secondary Three

Alysia Addona

Havanna Bériault

Emily Berkling Drouin

Eva Blaskovic

Alexandra Botsis

Evangelia Botsis

Angelina Cong

Rosamarie De Fazio

Skyla Derix

Lucca Di Ioia

Amelia Diamantopoulos

Siena Emili

Ivana Galati

Sofia Garcia Silva

Teya Konanec

Zahra Liburd Baki

Emmanuela Lombardi

Morgan McGravie

Desiree Morin

Gabriella Mura

Class of 2025

Lily Odulio

Victoria Ong

Ina Patten

Justine Pritchard

Sarah Rondina

Odessa Sappier

Sofia Scalzo

Georgia Stein

Anastasia Tsantes

Alexia Turchet

Zhuoxi Wang

Vivienne Worley

Suah Yoo

Secondary Four

Norah Axford

Rosalie Campanella

Lara Capozzo

Olivia Carmosino

Maya Carter Allatt

Bianca Catallozzi

Rosie Colapelle Spatari

Mariana Cordeiro Guzman

Angelica Crescenzi

Violetta D'Andrea

Bianca Daroli

Mia Di Caprio

Stefania Di Florio

Lianne Discepola

Angelina Ferri

Sophia Filipchuk

Allissa Gangai

Andrea Garone

Alessandra Giammaria

Lisa Maria Giammaria

Portia Haddad

Marianne Hannan

Jenna Hickman

Yiting Huang

Nan Jiang

Class of 2024

Kaya Kubisztal

Nicola Lee

Brianna McLeod

Gabriella Pandin

Véronique Paquette

Zixi Peng

Marra Phillips

Hannah Robertson

Saiya Saini

Giulia Sicoli

Giada Stabile

Krystyna Tomiuk

Sofia Tsantes

Eleni Vassalos

Morgan Williams

Linqian Wu

Zihan Wu

Jianqiling Zhao

Barat

Hardey

Trincano

Digby

Duchesne

Stuart

DuRousier

Sheldon

Work Hard, Play Hard!

We built an ACTUAL robot!

-The Robotics team

We raised money for the Native Women's shelter of Montreal

-Truth and Reconciliation Club

Only a dissection can get us to stay after school on a Friday.

-The Anatomy club

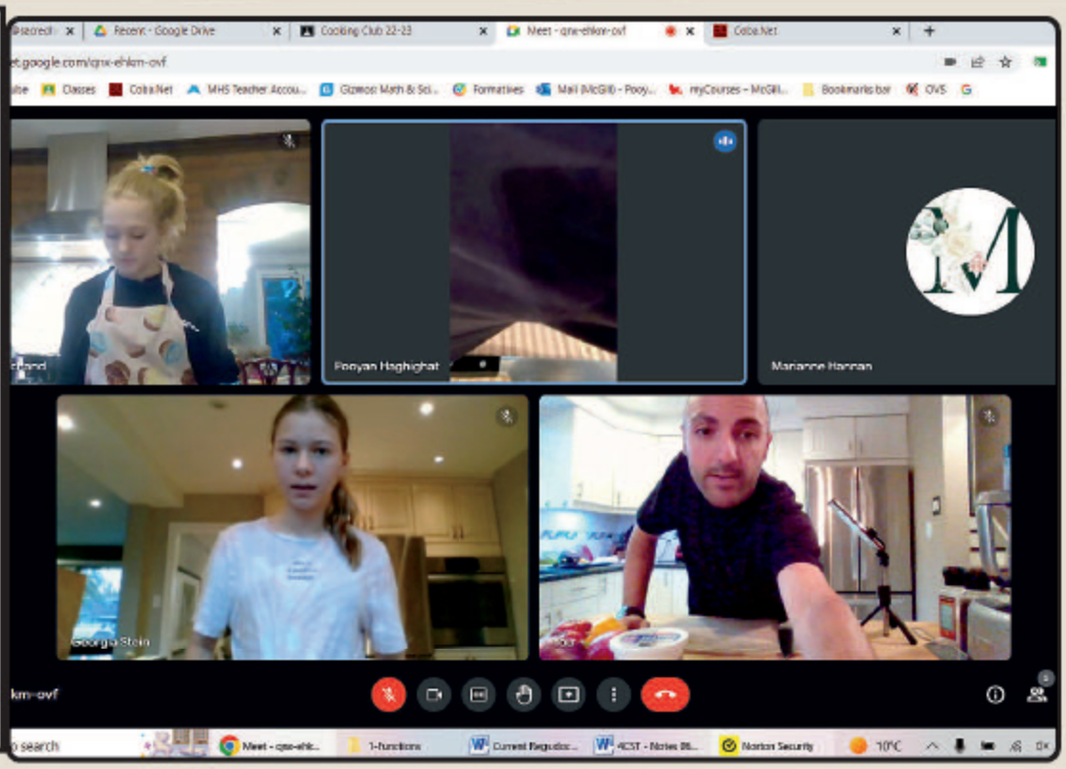
Clubs

Cooking Club

Cooking Club

Advisor: Pooyan Haghighat

Students:
Alysia Addona, Mariana Cordeiro, Alessandra Crescenzi, Angelica Crescenzi
Marianne Hannan, Shelby Marchand, Saiya Kaur Saini, Georgia Stein, Madison Wareham,
Morgan Williams

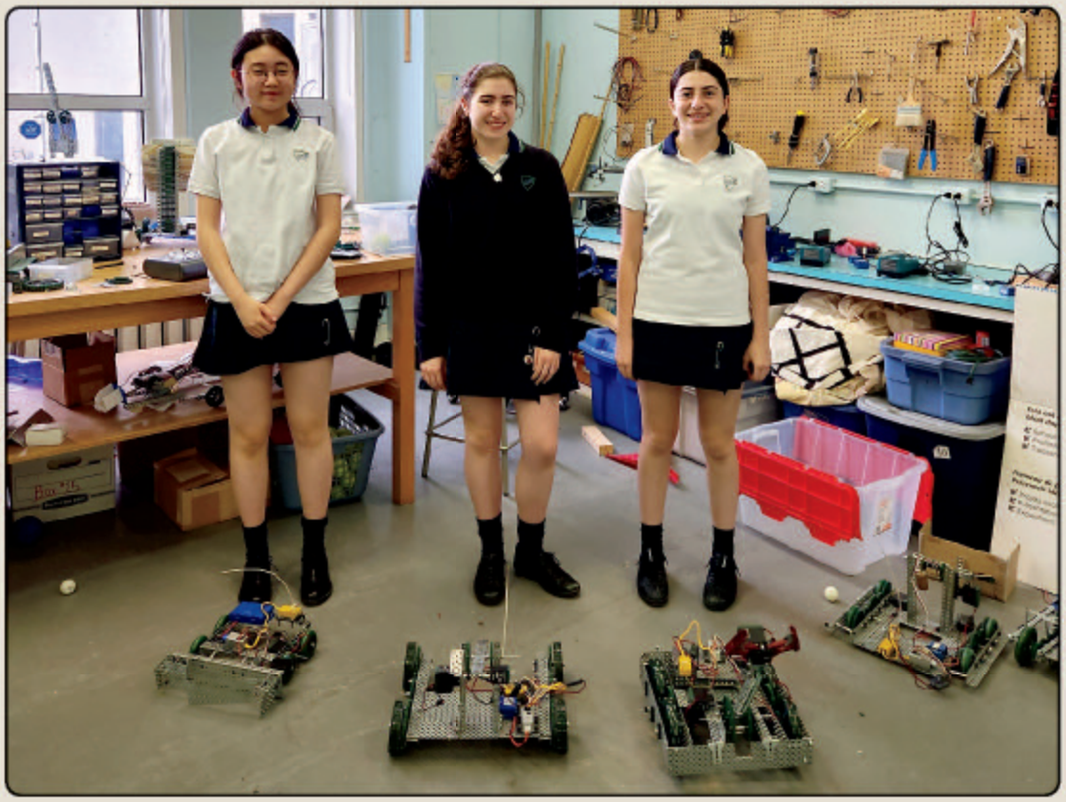


Robotics

Robotics

Advisor: David Reda

Students:
Bianca Davoli, Skyla Derix, Siena Emili, Gwen Gilpin, Sarah Price , Claire Singer



Battle of the Books

Battle of the Books:

Advisor: Joan Harrison

Students:
Bianca Davoli, Skyla Derix, Siena Emili, Gwen Gilpin, Sarah Price, Claire Singer

Sewing Club

Sewing Club

Advisor: Kristina Lisak

Students:
Students: Eva Nada Blaskovic, Angelina Cong , Alessndra Crescenzi , Bianca Davoli, Kyriaki Foglietta, Lisa Maria Giamaria, Giulia Mancini, Alexia Turchet, Yiting Hung.

Green Team

Green Team:

Advisor: Alexandra Lantosh

Students:
Carolyn Berkling-Drouin, Olivia Blizzard, Chloe Blundell, Mariana Cordeiro, Skyla Derix, Siena Emili, Angelina Ferri, Isabella Gallo, Portia Hadad, Giulia Mancini, Sarah Price, Saiya Saini, Giulia Sicoli, Claire Singer, Morgan Williams, Suah Yoo, Ariana Zacchigna

Truth and Reconciliation Club

Truth and Reconciliation Club

Advisor: James McRae, Sarah Jones, Lauren Quintal, Kennedy Lane

Students:
Grace Watatewen:niio Myiow, Gwendolyn Gilpin, Kaylin Montour, Konwatshenhaiénni Barnes
Marra Phillips, Olivia Blizzard, Sarah Price

Clubs

Model UN

Model UN

Advisor: **Maria Cusma**

Students:
Carolyn Berkling-Drouin, Eva Blaskovic, Chloe Blundell, Skyla Derix, Zahra Liburd Baki, Georgia Stein, Suah Yoo, Keira Zerbino, Rosalie Campanella, Alessandra Giammaria, Violetta D'Andrea, Zixi Peng, Angelica Crescenzi, Sophia Filipchuk, Lisa Giammaria.

Concert Band

Concert Band

Advisor: **Aran Waldbrook**

Students:
Zoe Bahos, Konwatshenhaiénni (Lilly) Barnes, Valentina Christiano, Vivian Cochrane, Violetta D'Andrea, Maria Madison Di Giovanni, Lucca Di Ioia, Sophia Eleanor Elhami, Siena Emili, Julia Espana Vera, Marlena Fok, Lisa Maria Giammaria, Emma Gobbi-Dick, Emma Rebekka Jonasson, Morgan McGravie, Grace Watatewen:niio Myiow, Victoria Ong, Claire Singer, Yixuan Wang, Avery Webster, Zihan Wu.

Show Choir

Show Choir

Advisor: **Aran Waldbrook**

Students:
Maria Di Giovanni, Valentina Christiano, Sophia Eleanor Elhami, Julia Espana Vera, Rebekka Jonasson, Antonia Pontillo, Claire Singer

Faculty Scholars

Faculty Scholars

Advisor: **Julian Beauvais**

Students:
Gabriella Abarbanel, Alysia Addona, Olivia Blizzard, Chloe Blundell, Thea Blundell, Angelina Crescenzi, Maria Madison Di Giovanni, Sophia Eleanor Elhami, Siena Emili, Marlena Fok, Elena Frappier-Temcheff, Portia Haddad, Teya Konanec, Megan Maselli, Brianna Mcleod, Justine Monette, Ina Patten, Daya Kaur Saini, Saiya Kaur Saini, Giulia Sicoli,Yixuan Wang, Avery Webster, Morgan Williams, Suah Yoo, Ariana Zacchigna.

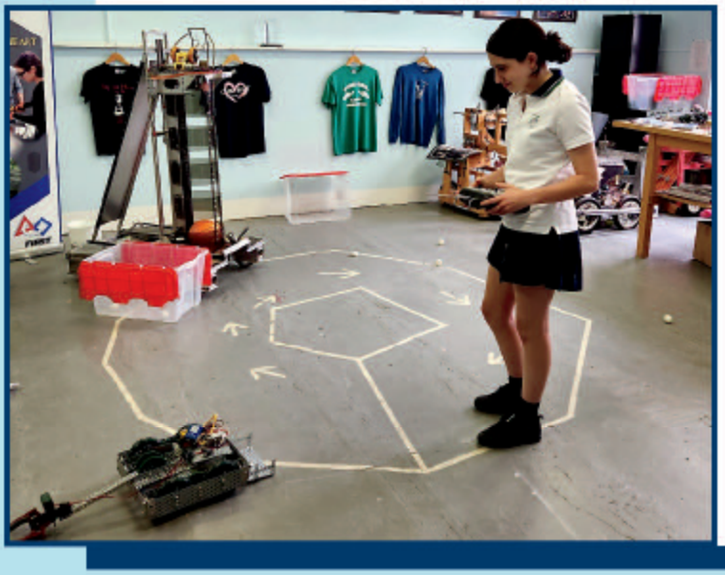
The Anatomy Club

Anatomy Club:

Advisor: **Krystal Lapierre**

Students:
Eva Blaskovic, Alex Botsis, Eva Botsis, Violetta D'Andrea, Aryane Davari, Bianca Davoli, Lisa Marie Giammaria, Uma Kik, Nicola Lee, ,Zahra-Alexandria Liburd Baki, Arianne Odulio, Victoria Ong, Sarah Price, Krystyna Tomiuk, Stacy Tsantes, Alexia Turchet, Zihan (Carina) Wu, Suah Yoo, Jane Zhao

Club Candids



WE
ARE
SAINTS.

SACRED HEART

SPORTS

SHSM

ED HEART
F MONTREAL

Soccer

Team: Bantam Soccer
Coach: Mr. Gallo
Athletes: Alexia Gervasi, Alyssa Ment-Khoury, Daya Saini, Isabella Gallo, Juliana Toppetta, Kaley McLeod, Mara Cacciola, Nikita Sappier, Olivia Colacci, Siena Caprera, Siena Velenosi, Sonya Patten, Thea Blundell, Valentina Christiano, Victoria Arcaro, Victoria Lee

Team: Cadet Soccer
Coach: Mr. McRae
Athletes: Alexia Turchet, Alysia Addona, Bianca Catallozzi, Desiree Morin, Eleni Vassalos, Gabriella Pandin, Havana Bériault, Ina Patten, Kaley McLeod, Lucca Di Ioia, Maya Carter Allatt, Odessa Sappier, Sarah Rondina, Skyla Derix, Sofia Scalzo

Team: Juvenile Soccer
Coach: Ms. Newton
Athletes: Bianca Paolucci, Celeste Zabbal, Giada Stabile, Julia Mazzarello, Keira Zerbino, Kiara Caprera, Mackenzie Baldry, Madison Wareham, Maya Piscopos, Melodie Zabbal, Raffaella Vincenti, Rosalie Campanella, Sabrina Colella, Savannah Corsetti

Cross Country Running

Coach: Ms. Thorup
Athletes: Alyssa Ment-Khoury, Bianca Catallozzi, Emily Stevenson, Gabriella Abarbanel, Grace Watatewen:niio Myiow, Julia Mazzarello, Justine Monette, Mackenzie Baldry, Madison Wareham, Maria Jose Ruiz Del Rio Gonzalez, Maya Carter Allatt, Nikita Sappier, Olivia Blizzard, Olivia Hammer, Rosie Colapelle Spatari, Sara Corsi, Siena Caprera, Siena Velenosi, Thea Blundell, Victoria Lee, Violetta D'Andrea

Golf

Coach: Ms. Newton
Athletes: Alexandra Botsis, Emily Berkling Drouin, Evangelia Botsis, Megan Maselli

Volleyball

Team: Bantam Volleyball
Coaches: Ms. Quintal and Ms. Lantosh
Athletes: Avery Webster, Elena Frappier-Temcheff, Emily Locke, Gabriella Abarbanel, Grace Watatewen:niio Myiow, Isabella Triassi, Jessika Iorio, Maya David, Megan Maselli, Sophia Elhami, Stella Beaulieu

Team: Cadet Volleyball
Coaches: Ms. Lantosh and Ms. Quintal
Athletes: Alessandra Giammaria, Alexandra Botsis, Arianne Odulio, Gabriella Mura, Justine Pritchard, Morgan McGravie, Sara Fernandez, Suah Yoo, Teya Konanec

Team: Juvenile Volleyball
Coaches: Ms. Littman and Ms. Lane
Athletes: Alexandra Scodras, Andrea Garone, Chloe Blundell, Emily Stevenson, Emma Catallozzi, Erica Paul, Kaitlyn Ment-Khoury, Lianne Discepola, Lucy Tretiak, Mackenzie Baldry, Maya Djurovic

Basketball

Team: Bantam Basketball
Coaches: Erika Delucilla, Liana Cianci & Ms. Littman
Athletes: Alessandra Crescenzi, Gabriella Ferri, Isabella Gallo, Justine Monette, Laura De Pellegrin, Mila Corsi, Mila Iannantuono - Guay, Nikita Sappier, Olivia Hammer, Zoe Bahos

Team: Cadet Basketball
Coach: Ms. Newton
Athletes: Alyssa Ment-Khoury, Amelia Diamantopoulos, Desiree Morin, Gabriella Abarbanel, Jessika Iorio, Megan Maselli, Sara Corsi, Siena Capera, Siena Velenosi, Suah Yoo, Valentina Christiano, Victoria Lee

Team: Juvenile Basketball
Coach: Ms. Littman
Athletes: Andrea Garone, Bianca Catallozzi, Bianca Paolucci, Eleni Vassalos, Emily Stevenson, Giada Stabile, Julia Mazzarello, Kaitlyn Ment-Khoury, Kiara Caprera, Mackenzie Baldry, Madison Wareham, Maya Carter Allatt, Maya Djurovic, Raffaella Vincenti, Sara Fernandez

Swimming

Coach: Ms. Dobson
Athletes: Alysia Addona, Angelica Crescenzi, Elena Frappier-Temcheff, Georgia Stein, Hannah Robertson, Julia Espana Vera, Julia Mazzarello, Lianne Discepola, Lucy Tretiak, Mackenzie Baldry, Maria Jose Ruiz del Rio Gonzalez, Mariana Cordeiro, Odessa Sappier, Rosamarie De Fazio, Sophia Elhami, Thea Blundell

Hockey

Coaches: Mr. Pooyan and Ms. Quintal
Athletes: Alexandra Botsis, Alysia Addona, Avery Webster, Carolyn Berkling-Drouin, Emily Berkling-Drouin, Julia Mazzarello, Olivia Colacci, Sabrina Colella, Sofia Scalzo

Badminton

Team: Bantam Badminton
Coaches: Ms. Littman and Mr. Gubiani
Athletes: Alyssa Ment-Khoury, Jessika Iorio, Justine Monette, Megan Maselli, Mila Corsi, Nikita Sappier, Olivia Hammer, Siena Velenosi, Sophia Elhami, Thea Blundell

Team: Cadet Badminton
Coaches: Ms. Littman and Mr. Gubiani
Athletes: Alexandra Botsis, Alysia Addona, Eleni Vassalos, Gabriella Pandin, Ina Patten, Sofia Scalzo, Suah Yoo, Teya Konanec

Team: Juvenile Badminton
Coaches: Ms. Littman and Mr. Gubiani
Athletes: Emily Stevenson, Erica Paul, Julia Mazzarello, Kiara Caprera, Mackenzie Baldry, Maya Carter Allatt, Saiya Saini

Tennis

Team: Bantam Tennis
Coaches: Ms. Littman and Mr. Gubiani
Athletes: Justine Monette, Maria Jose Ruiz Del Rio Gonzalez, Megan Maselli, Mila Iannantuono - Guay, Sarah Christakis, Siena Caprera

Team: Bantam Tennis
Coaches: Ms. Littman and Mr. Gubiani
Athletes: Bianca Paolucci, Emily Stevenson, Erica Paul, Julia Mazzarello, Mackenzie Baldry, Sofia Garcia

Track and Field

Coaches: Ms. Newton and Ms. Littman
Athletes: Alyssa Ment-Khoury, Arianne Odulio, Avery Webster, Bianca Catallozzi, Emily Locke, Emily Stevenson, Gabriella Abarbanel, Gabriella Monticciolo, Grace Watatewen:niio Myiow, Ina Patten, Isabella Triassi, Jessika Iorio, Julia Mazzarello, Kiara Caprera, Mackenzie Baldry, Madison Wareham, Maria Di Giovanni, Maya Carter Allatt, Nikita Sappier, Olivia Carmosino, Olivia Hammer, Rosie Colapelle Spatari, Shelby Ruggins Marchand, Siena Caprera, Sofia Scalzo, Sophia Elhami, Suah Yoo, Teya Konanec, Thea Blundell, Victoria Lee, Violetta D'Andrea

Halo Road Race

Coach: Ms. Thorup
Athletes: Alyssa Ment-Khoury, Bianca Catallozzi, Grace Watatewen:niio Myiow, Ina Patten, Julia Mazzarello, Justine Monette, Kiara Rose Rodriguez-Qizilbash, Mackenzie Baldry, Mara Cacciola, Nikita Sappier, Olivia-Athena Hammer, Siena Caprera, Siena Velenosi, Sofia Scalzo, Sophia Elhami, Victoria Shemie, Violetta D'Andrea

Flag Football

Team: Bantam Flag Football
Coach: Ms. Littman
Athletes: Alyssa Ment-Khoury, Daya Saini, Elena Frappier-Temcheff, Isabella Gallo, Jessika Iorio, Kaley McLeod, Maria Di Giovanni, Megan Maselli, Mila Corsi, Nikita Sappier, Siena Caprera, Siena Velenosi, Thea Blundell, Valentina Christiano, Victoria Lee

Team: Cadet Flag Football
Coaches: Mr. McRae and Mr. Gallo
Athletes: Alexandra Botsis, Alexia Turchet, Alysia Addona, Angelica Crescenzi, Arianne Odulio, Emily Berkling Drouin, Havana Bériault, Ina Patten, Lianne Discepola, Odessa Sappier, Rosie Colapelle Spatari, Saiya Saini, Sarah Rondina, Sofia Scalzo, Teya Konanec

Team: Juvenile Flag Football
Coaches:Ms. Newton and Ms. Quintal
Athletes: Alessandra Giammaria, Alexandra Scodras, Andrea Garone, Bianca Catallozzi, Bianca Paolucci, Eleni Vassalos, Emily Stevenson, Julia Mazzarello, Kiara Caprera, Mackenzie Baldry, Maya Carter Allatt, Nicola Lee, Olivia Bourret, Raffaella Vincenti, Sabrina Colella

Saints

THE SACR
SCHOOL O

SHSM

347
586

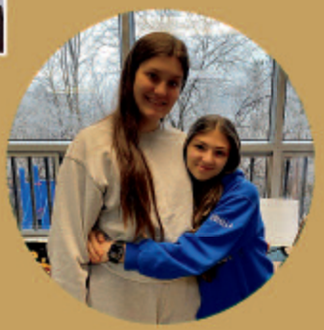
HSM

26

Sports BANQUET

Hoops for Hope

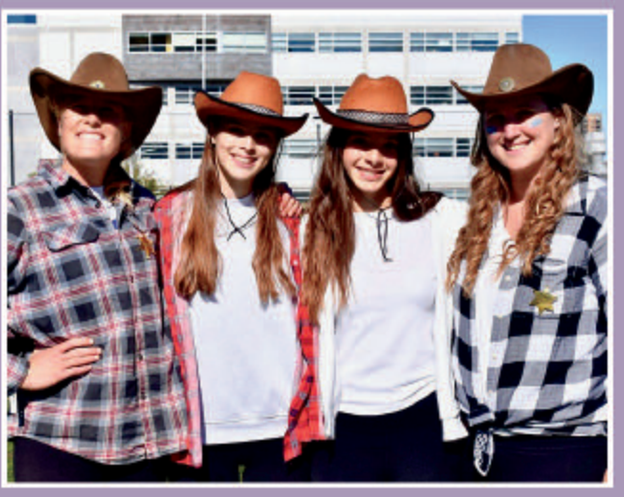
Community Service Day



Secondary IV & V students along with their homeroom teachers divided into smaller groups and volunteer at 1 of 9 selected organizations.

Sec I, II, & III students participated in a variety of activities at the school including making sandwiches for Bread & Beyond as well as by donating essential household items to help their housing essentials box project.

Sports Day



SARA

SHELDON

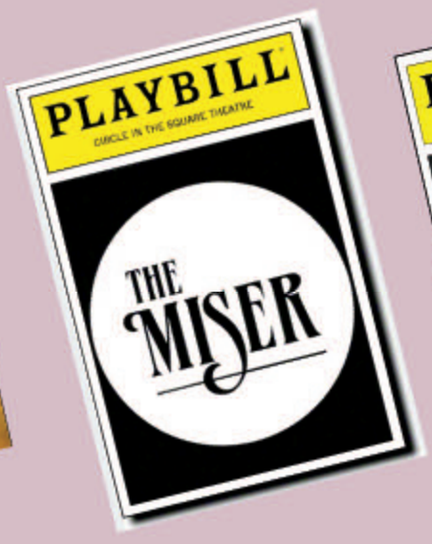
Girls for the Cure

Remembrance Day

Stratford Trip

ALLSAINTS

SHOWBILL
LYRIC THEATRE
HARRY POTTER
AND THE CURSED CHILD
PART ONE


PLAYBILL
CIRCLE IN THE SQUARE THEATRE
THE MISER

PLAYBILL
46th STREET THEATRE
CHICAGO

PLAYBILL
COAT THEATRE
Richard III

Spirit Day

2022

Christmas Wishes 2022
January 10th

Christmas Wishes

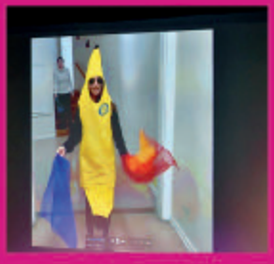
How Mr. Beauvais Stole Christmas

By Carolyn Berkling Drouin
and Chloe Blundell

Dashabustadd

Saints
Saints

SHSM



SHSM

Mountain Day

Founder's Day

Final Production

Joseph and the Amazing Technicolour Dreamcoat

Pasta È Più

Klara Caprera, Savannah Corserri, Maya Djurovic, Julia Mazzarello, Jacqueline Vincelli, Raffaella Vincenti

Capybara's Candy Farm

Janice Chan, Marlena Foke, Sarah Price, Gabriella Szanajda Monticciolo, Yixuan Wang

Plateau Platter

Klara Lavalle D'Andrea, Bianca Paolucci, Alexandra Scodras, Emily Stevenson, Madison Wareham

Student Stock Exchange

About Friday Night

Yoonha Cho, Maya Piscopos, Téa Smeraglia, Marianna Triassi, Melodie Zabbal

Ain't That A Bite!

Mackenzie Baldry, Carolyn Berkling-Drouin, Chloe Blundell, Emma Catallozzi, Sabrina Colella, Lucy Tretiak, Keira Zerbino

Got Cake?

Olivia Blizzard, Katya Markarian, Erica Paul, Cassidy Wilson, Ariana Zacchigna

Muchas Amigas

Angela Anastasopoulos, Olivia Bourret, Alik Markarian, Kaitlyn Ment-Khoury, Kaylin Montour, Celeste Zabbal

Graduates 2023

Convocation

Valedictory Address

Erica Paul

Good afternoon Mr. O'Donnell, Ms. Maloni, faculty, staff, honourable guests, families, and fellow graduates. I am incredibly honoured to stand before you today as the Class of 2023 Valedictorian. I couldn't be prouder to represent this remarkable group of girls.

We spent five years waiting for graduation day. The years that we spent counting down to this very moment turned into months, months became weeks, weeks broke into days and days that have now come to an end.

The moment I first walked down the steps of the portry, after an open house, I looked back at my parents, and I said, "This is the high school I want to attend, I don't want to go anywhere else." Little did I know, five years later, I would be standing here, at convocation, as we close one amazing chapter of our lives, and turn the page to begin a new one.

In the brilliant words of Frances Elliott Clark, "There wouldn't be a sky full of stars if we were all meant to wish on the same one." As we move forward in life, know that the inherent beauty of life lies in our individual journeys, for it is through our diverse dreams and aspirations that the universe becomes filled with endless possibilities; infinite stars. There are no two identical stars, so it is important to always chase your own star. Know that there's a spark that exists in each and every one of you, so be sure to use that spark, ignite your light, confidently let it shine and if you can, just own the night. But never, ever, let anyone put out the bright light that you offer.

Au début de l'école secondaire, nous étions loin de réaliser à quelle vitesse nous grandirions et de vivre ce qui était autrefois écrit dans le ciel. Cependant, les moments que nous avons partagés sont inoubliables. Nous avons grandi en rêvant du jour où nous aurions notre bal de finissantes, prêtes à découvrir le monde qui s'offre à nous. Et nous voici donc aujourd'hui, alors que nos chemins divergent.

Through the highs and the lows, it was evident that the moment we stepped through the Penfield doors each morning, we could always find someone to count on, someone to make us laugh, a lot, someone to share our stories with, someone to stress with, someone to hug, someone to confide in. Every morning, I put on my Sacred Heart uniform with tremendous pride, and I felt inspired by whatever the school day ahead had in store for me. We must recognize the invaluable opportunities and lifelong values that Sacred Heart has instilled in us. This school has given us endless possibilities to challenge ourselves and take on several leadership roles. Day upon day, we knew that we would leave the same doors with more knowledge, new experiences, accomplishments, and countless memories.

Now let's take a moment to look back at some of our most treasured memories. It all started on the first day at Sacred Heart, or should I say at Club Atwater? From there, we experienced our first Girls for the Cure walk, first sports day, first spirit day, first Christmas Wishes, and first DASHABUSTADD. We observed, absorbed, and ultimately embraced these traditions as the years unfolded. In sec 1, we mastered "The Watermelon" with Mr Judson, and we memorized the "Nations of the World" song for Ms Lantosh. During our retreat, we played ringette and tried creating a horror movie in a small dark room. And who could overlook the joy of discussing Webkinz with Ms. Vaupshas? In Sec 2, we played in the spring concert, and surely blew everyone away with our "smooth, out-of-this-world talent." But suddenly, our lives took an unexpected turn, and we found ourselves learning through a screen. Even during challenging times, came some of the best moments, including the hours we spent playing Fortnite, Virtual Games Club featuring the famous demonstration of a "Boat," Ms Arella's stylish pink hat, and those perfectly timed moments when our screens froze, and we would blame Google Meet for kicking us out. In sec 3, although we were placed in "bubbles," we still made the best of our days through sports clinics and clubs, such as "Dance Club". Those dance skills were unmatched. In Sec 4, we sang our favourite songs in the "best locker room," and we showcased ourselves through "I Am" poems. And in sec 5, we had a blast at Camp Kinkora bonding over campfires, even for those of us who got stung by wasps. Then, we visited Toronto and Stratford, and in March, we got to visit one of the most beautiful countries in the world, Italy. Although not everything went as planned, it was undeniably the trip of a lifetime. With "Radio Tony" reminding us to fix our "hydro problems" at the next "technico stop," the mornings when some of us were still asleep while everyone was waiting on the bus, buying those oregano/lettuce/basil covered hats to prevent sunburns, or how agitated we became while sharing those single-person elevators. And thank goodness for Ms Toula who always knew where we were off to next. Right, Ms Toula? And as we said, you only got the full experience if you got sick, cried, didn't eat and bumped your head on the bus! After all these years, it was finally our turn to have our own grad ring and pin ceremonies, SSX, convocation, today, and tomorrow, Prom. These unique memories are like our galaxy, in that they only belong to us, and that others will never get to experience.

Now, in a few words, I would like to describe the Class of 2023. Et ne vous inquiétez pas, Madame Lisak, j'ai essayé fort de ne pas dépasser la limite de mots cette fois-ci. We are bold, bright, talented, resilient, silly, sometimes perfectionists, and most definitely entertaining. Our love for one another and our collective sense of caring formed an unbreakable bond.

We did not reach this milestone on our own, and thus, I would like to take the opportunity to convey our thanks to those who have been by our side throughout this entire journey.

First off, our guiding stars, our esteemed teachers. Your boundless dedication, tireless commitment and unwavering passion for your students are unparalleled and have not gone unnoticed. Although we are just a few among the many students who will enter your classrooms throughout your careers, you have had a profound impact on the rest of our lives.

Ms Jones, thank you for all your words of wisdom and the beautiful messages you have shared with us up until the very last day of school.

Mme Phaneuf, j'ai bien aimé être votre "assistante à temps partiel". Vous rayonnez tellement de gentillesse et de bienveillance. Merci d'être une enseignante incroyable qui se dévoue à ses élèves chaque jour.

Mr. Pooyan, while that sec 2 science class may not have been the best first impression of us, you precisely knew how to "balance" things with those no-calculator quizzes, the suspenseful test returns, and those "super easy problems" featuring our friend Jimbob. Thank you.

Mr. Reda, I have a question actually... never mind, I've graduated from needing your answers! Thank you, Mr Reda, for your patience despite all our questions. Even though you weren't always running, I know we are going to miss running into your class.

And the list goes on and on. Each and every one of you has played an essential role in our success. It has been an absolute privilege to have been taught by you all.

Mr Ward and Mr Gedi, thank you for keeping us safe. Your warm welcome and goodbyes brightened the start and end of each day.

And of course, Mr. O'Donnell, my fellow DuRousier member. We were so fortunate to have had you as our head of school, and I am so happy that we get to graduate together. Your infectious smile and your ability to know every student by name have made our time here all the more memorable. Thank you for your outstanding leadership, and congratulations on your retirement.

Next, to our parents, who have watched over us since the day we were born. It was you who first sang to us "Twinkle, twinkle little star." You ensure that sunshine always finds its way into our lives, and you know how to brighten our darkest days. Parents, you will truly never comprehend the value of your incomparable support and the weight that your unconditional love holds. You have offered us this education, and now we can start reaching for the stars, on our own. Thank you for encouraging us in everything we have done or will ever do. And personally, to my parents, you are a big part of the reason I am standing here today. I thank you for all your love and support.

I would like to shed light on the numerous individuals whom we have parted ways with, but who have equally impacted us. Among them are student teachers, like Ms Kwon, Ms W, and Mr Minnie. Teachers, including Ms Ramacieri, Ms Gautreau, Ms Gendron, Mme de Sainte Marie, Mme Belfort, Ms Artinian, Ms Arella, Ms Rath, Ms Marchlewski, and Ms Lessey. And let's not forget international classmates like Daniela, Isabel and Yuwen.

Finally, fellow graduates, thank you. Despite my occasional moments of concern, whether it be pulling something off at the very (and I mean very) last minute, playing hairdresser or Wordle, sleeping in class, or even skipping class altogether, I have full confidence in each of you to achieve incredible things in your lives. After all, you are Sacred Heart girls.

At this moment, your future is unknown, yet remember, that wherever life takes you, be fearless. Although you may have to be patient as you await opportunities to unfold, trust that everything will fall into place. Ultimately, let the stars align on their own.

Si vous choisissez de faire seulement ce qui est facile, la vie sera sans doute difficile. En contrepartie, si vous faites ce qui demande plus d'efforts, la vie sera beaucoup plus agréable. Je vous le promets.

Whether you fail or succeed, know that it's just life trying to move you in different directions. At some point in your life, you might find yourself in the dark. But as Stephenie Meyer said, "Without the dark, we'd never see the stars." It is through the greatest hardships and toughest challenges that the brightest successes are born. You only have one life to live, one life, so live it to its fullest.

It is surreal to me that the thirty-nine of us will never be in the same room again, and that these are our very last few minutes altogether. You have all been a huge part of my life these last five years, so it's hard to say goodbye. Nonetheless, know that you've all, in your own individual ways, left an indelible mark at Sacred Heart, just like the legacy of a star. After we graduate, the influence that we have had on one another and that Sacred Heart has had on us will carry us for a lifetime. There may be moments when it feels like no one is watching you shine, but remember that you are shining among a sky filled with stars.

Graduates, before I leave you, before we leave each other, I have one final surprise. We all share a love for capturing moments through photos, and Mr Gallo knows of mine especially, so here's a little something to end our time together.

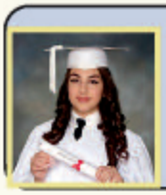
Thank you, Class of 2023, from the very bottom of my heart. These past five years have truly been some of the best of my life, and you will always shine bright in my memories. I leave you with a quote from Marcus Aurelius, "Dwell on the beauty of life. Watch the stars, and see yourself running with them." Now next year, I can say that "last year" I had the privilege of sending off a very special graduating class. I truly wish you the best of luck in all your future endeavours, and I hope that our paths may cross again one day.

I will miss you so much, and even when we are apart, you will forever hold a very special place in my heart.

Félicitations! Congratulations!

Thank you.

Special Prizes



Angela Anastasopoulos

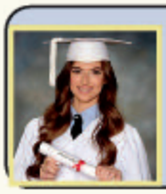
The Soeur Annette Archambault Memorial Prize (FLS)

Olivia Blizzard

The Jean Filipovich Award, The Joanne Mastro Award, The Genny Marilley '87 Award, The BLC Award for English & The Parents' Guild Prize

Maya Djurovic

The Student Council Prize



Bianca Paolucci

The City House Bilingual Proficiency Prize

Jacqueline Vincelli

The Christiane de Sainte Marie '67 Francophile Award &
The Judith Rossi '80 Memorial Prize

Madison Wareham

The Sacred Heart Art Award

Keira Zerbino

The Sacred Heart Art Award

Graduating with Honours

Carolyn Berkling Drouin
Pak Yung (Janice) Chan
Maya Djurovic
Alik Markarian
Katya Markarian
Sarah Price
Jacqueline Vincelli
Céleste Zabbal
Mélodie Zabbal

Mackenzie Baldry

The Auriol Wilkins '52 Memorial Prize
&
The Julia Cianci '18 Memorial Award

Emma Catallozzi

The Heather MacDougall ' 67 Memorial Prize,
The Norman T. Byrne Prize &
The Peter Judson Science Award

Gabriella Szanajda Monticciolo

The Therese F. Casgrain '14 Scholarship Award,
The Provincial Council Award, &
The Francis Smith '65 Memorial Prize

Erica Paul

The Sister Gertrude McNamara Memorial Prize,
The Parents' Guild Award, The Soeur Annette Archambault Memorial Prize (FLE),
The Governor General's Medal

Yixuan Wang

The Sacred Heart Music Award, The Estelle Fitzgibbon Memorial Prize & The Christiane de Sainte Marie '67 Francophile Award

Ariana Zacchigna

The Patty Forbes '81 Memorial Prize

Graduating with Distinction

Mackenzie Nicole Baldry
Olivia Blizzard
Chloe Blundell
Emma Catallozzi
Savannah Corsetti
Marlena Fok
Julia Mazzarello
Bianca Paolucci
Erica Paul
Emily Stevenson
Raffaella Vincenti
Yixuan Wang
Madison Wareham
Ariana Zacchigna
Keira Zerbino

Academic Achievement

Honour Roll

Students from secondary I-IV who have achieved honour roll status for all three terms.

Alessandra Crescenzi
Kyriaki Foglietta
Isabella Gallo
Helen Popliger
Nikita Sappier
Julianna Toppetta

Zoe Bahos
Eva Cacchione
Valentina Christiano
Olivia Colacci
Avery D'Ambrosio
Sarah Discepola

Sophia Eleanor Elhami
Emma Gobbi-Dick
Olivia-Athena Hammer
Victoria Lee
Emily Locke
Kaley McLeod

Siena Muzzo
Claire Singer
Mikaila Maria Tilden
Avery Webster
Emily Berkling Drouin
Alexandra Botsis

Evangelia Botsis
Rosamarie De Fazio
Ivana Galati
Arianne Lily Odulio
Victoria Wen Ann Ong
Sarah Rondina

Odessa Sappier
Rosalie Campanella
Maya Carter Allatt
Mariana Cordeiro Guzman
Stefania Di Florio
Sophia Filipchuk

Andrea Garone
Yiting Huang
Nan Jiang
Kaya Kubisztal
Nicola Lee

Distinction

Students from secondary I-IV who have achieved distinction status for all three terms.

Alexia Gervasi
Mila Iannantuono-Guay
Giulia Mancini
Sonya Patten
Gabriella Abarbanel
Thea Blundell

Vivian Cochrane
Maria Di Giovanni
Elena Frappier-Temcheff
Jessika Iorio
Megan Maselli
Alyssa Ment-Khoury

Justine Monette
Daya Kaur Saini.
Alysia Addona
Siena Emili
Sofia Garcia Silva
Teya Konanec

Ina Patten
Sofia Scalzo
Suah Yoo
Lara Capozzo
Bianca Catallozzi
Angelica Crescenzi

Violetta D'Andrea
Lianne Discepola
Alessandra Giammaria
Lisa Maria Giammaria
Portia Haddad
Jenna Hickman

Brianna McLeod
Gabriella Pandin
Véronique Paquette
Hannah Robertson
Saiya Kaur Saini
Giulia Sicoli

Giada Stabile
Eleni Vassalos
Morgan Williams
Zihan Wu

Camp Kinkora

KIMKORA

LOY

2020
GFC
TONE TEMPLE

Concert Band

Student Life

Parent Messages

Aryane Davari

Ani,

How far you have come! We are so proud of you for your courage, your kindness, your perseverance. Whatever challenges have come your way you have overcome them and you get stronger and stronger with every year that passes. Never doubt how special you are! I can't wait to see all you will be, because I know it will be amazing!

Love you my baby girl.
Mom & Dad

Dear Erica,

Congratulations on your graduation and many achievements! We are truly proud of you and look forward to seeing where all your dreams take you. Keep up the great work. We love you to the moon and back!

Mom and Dad xoxo

Erica Paul

Ariana Zacchigna

Congratulations Ariana!

Your hard work and persistence have enabled you to successfully complete this part of your educational journey. We are extremely proud of
your accomplishments.

Love, Mom & Dad

Our dearest Mackenzie,

We could not be more proud of the vibrant, determined, young lady you have become over the last five years at Sacred Heart. You have conquered challenges and uncertainties with such grace. Your thirst for learning and athleticism are exceptional. You have shown a love for your community and your leadership inspires others. You have made friendships that will last a lifetime.The world is yours!

Congratulations! We love you!

Mom, Dad, Harrison and Cassandra

"What lies behind us and what lies before us are small matters compared to what lies within us" *-Ralph Waldo Emerson*

Mackenzie Baldry

Parent Messages

Lucy Tretiak

Lucy! We blinked and your 5 years at Sacred Heart have gone by. It wasn't easy and Covid threw everyone off course but you did it with a little help from your friends and the wonderful staff and teachers. We watched you grow up into a beautiful accomplished young woman and we are so proud of you and all your hard work. Congratulations on your graduation and to all of the Class of 2023.

Xoxo mum and dad

Gabriella Szanajda Monticciolo

Congratulations Gabbi in completing your journey, with resilience and grace. Keep 'Proving them wrong' and now, 'Make it so'.

Keep blooming, the world is your garden.

Giulia Sicoli

Carissima Giulia,

I am so pleased with the young lady you are becoming. You are responsible, kind-hearted, thoughtful, generous, loving and funny. You had a stellar first year in Secondary 1 and I could not be more proud. I know you will continue to have great success in life. Keep smiling and loving and you can accomplish anything!

Love, always, Mother.

Bianca , nous sommes tellement fiers de toi, félicitations ! Ta détermination et ta persévérance font de toi une étudiante exemplaire.

Que tes études qui se poursuivent te guident sur le chemin de la réussite professionnelle.

Nous t'aimons très fort,

Maman, Papa, Giancarlo, Stefano, Massimo, Sofia Et Grisou xxxxxxx

Bianca Paolucci

Pak Yung Janice Chan

"Einstein said time was relative, right? Maybe I'm not late. Maybe you guys are early."
–Miles Morales

Favorite song : Off My Face -Justin Bieber
Favourite band/artist: Justin Bieber/The Weeknd
Cherished Moments: Pouring water on Mr. Gallo and arguing with Mr. Reda over physics.
Future Ambition: To work in the medical field
Probable destination: Canada
Thanks to: All the teachers and classmates who guided me to the day of my graduation.

Yoonha Cho

"No one really cares."

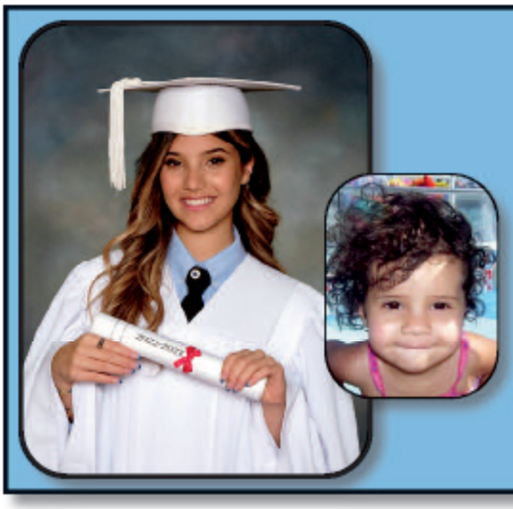
Favorite Song: Pink + White – Frank Ocean
Cherished Memories : My favorite moments were when we all started balling our eyes out at the campfire and the entire Stratford & Toronto trip.
Favorite Classes : Détente & Lunch
Future Ambition : Living with no limits and regrets.
Probable Destination : Your ultimate favorite soccer mom
Thanks to : My family, friends, boarding fam. and especially NINJA GALS <3.

Sabrina Colella

"All they have to do is call my name" – Gilmore Girls

Favorite song: Viva La Vida by Coldplay
Favorite band/artist: Taylor Swift, Coldplay and Morgan Wallen
Cherished Moments: Sports tournaments, Kinkora retreat and the Stratford trip.
Future Ambition: Athletic Therapist or Speech Therapist
Probable destination: McDonald's
Favorite classes: Math, Psychology, Phys Ed.
Thanks to: All of my friends who brought me so much laughter.

Savannah Corsetti



"How lucky am I to have something that makes saying goodbye so hard?"
–Winnie the Pooh

Favorite Song: Go Flex – Post Malone
Cherished Moments: Stratford Trip
Future Ambition: Psychiatrist (doctor)
Favorite Classes: Chemistry, English and Physics
Thanks To: Mommy, Daddy, Mamita, Papa, Stelli, Alanna and Nonni for always believing in me and wanting the best. The friends and memories I have made here are unforgettable and I will always cherish the time we shared together.

Maya Djurovic

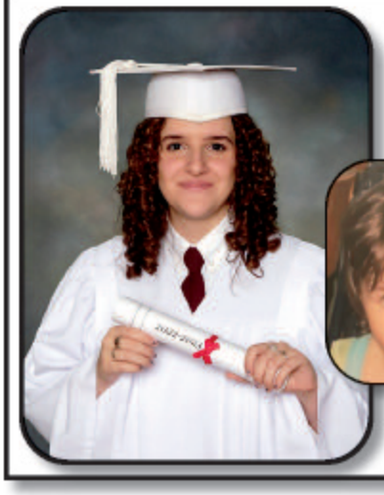
"I don't need easy. I just need possible." – Bethany Hamilton

Favorite Song: Love in the Dark By Adele
Cherished Moments: Camp Kinkora where we bonded as a whole class, when we all pierced our ears in Stratford and all my sports trips!
Future Ambition: Cardiovascular Surgeon Probable Destination: Doctor
Favorite Classes: Math and Chemistry
Thanks To: My high school experience would not have been possible without my parents, my brother and my grandparents, who have always been there for me, supported me, and encouraged me never to give up and keep pushing through. I have been lucky to have created relationships with girls who never left my side. They have made my high school experience unforgettable and I appreciate them unconditionally.

Marlena Ching Laam Fok

"When you reach the end of your rope, tie a knot in it and hang on." –Franklin D. Roosevelt

Favorite song: Ditto by NewJeans
Favorite band/artist: New Jeans
Cherished Moments: Being forced to bring everyone's plates after lunch. Thanks Gabbi !
Probable destination: Cling on to Yixuan or Janice
Thanks to: Yixuan my best friend, Janice for bullying me and Gabbi for waking me up.



Kiara Lavalle-D'Andrea

Love you to the moon and to Saturn (Seven by Taylor Swift)

Favorite song: Cardigan by Taylor Swift
Favorite band/artist: Taylor Swift
Cherished Moments: Sleeping during Richard III
Future Ambition: Speech Therapist
Favorite class: English
Thanks to: My sister Tessa for everything.

Alik Markarian

"I'm not too worried about it, really. I wouldn't worry about it. Don't worry about it. I'm not worried at all" – Evan from Superbad

Favorite song: California by Lana Del Rey
Favorite band/artist: Lana Del Rey
Future ambition: Owning a company
Probable destination: Being in a business
Favorite classes: Psychology and English
Thanks to: My friends for making me laugh.

Angela Anastasopoulos

"Hannah Montana said nobody's perfect, but here I am." – Hannah Montana

Favorite song: Love You Anyway
Favorite band/artist: Luke Combs
Cherished moments: Sec 5 Retreat
Future ambition: Successful
Probable destination: Work for family business
Favorite class: Math
Thanks to: My uncle for driving and picking me up from school every day.

Mackenzie Nicole Baldry

Favorite song: "Best I Ever Had" By Drake
Favorite band/artist: Morgan Wallen and A Boogie With A Hoodie
Cherished Moments: Sports Tournaments, Camp Kinkora, Stratford, Italy trip, the continuation of Sacred Heart traditions, and the simple time spent as a grade.
Future Ambition: Ophthalmologist
Probable destination: McDonald's Food junkie
Favorite class(es): History, Physical Education.

Carolyn Berkling Drouin

"Chloe, this is due at 11:59PM!"

Favorite song: "Yeah!" by Usher

Olivia Blizzard

Sometimes the bad things that happen in our lives put us directly on the path to the most wonderful things that will ever happen to us. -Nicole Reed

Favorite song: Speed Trials – Elliott Smith
Favorite band/artist: Radiohead
Cherished Moments: Going to Stratford
Future Ambition: Optomitrist
Probable destination: San Francisco
Favorite class: English
Thanks to: My parents for supporting me, and my friends for making me laugh!

Chloe Blundell

"You know, I've realized that I'm probably just perfect, and it's everybody else around me that's got issues." -Scott Disick

Favorite song: Gangster's Paradise
Future Ambition: To not break down in front of every single person I meet.
Probable destination: Anywhere but Quebec
Favorite classes: English, Psychology and Contemporary World
Thanks to: Google Translate, Photomath, Quillbot, Sparknotes and Quizlet.

Olivia Bourret

"The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails." - John Maxwell

Kiara Caprera

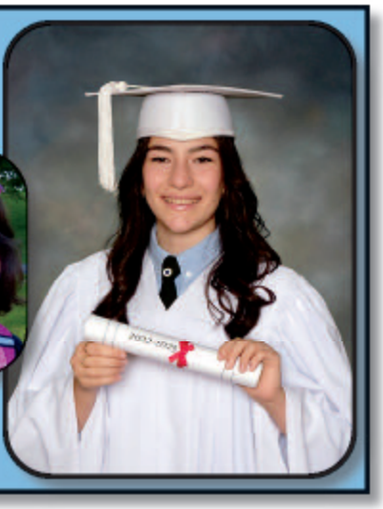
I didn't know these captions were due today, can I have an extension? - Kiara Caprera

Favorite song: "You belong to me" by Taylor Swift
Favorite band/artist: Justin Bieber
Cherished Moments: Singing in the locker room
Future Ambition:Still figuring it out
Probable destination:Hawaii
Favorite class(es):Phys. Ed, Chemistry,English (Ms. Jones), Math (Ms. Quintal)
Thanks to:You know who you are...

"Dab on the haters" - Unknown

Emma Catallozzi

Favorite song: Les by Childish Gambino
Favorite band/artist: Childish Gambino
Cherished Moments: Blasting music and dancing in a pitch black gazebo with friends at the sec 5 retreat.
Future Ambition: To finally stop procrastinating, and to be successful.
Probable destination: Somewhere in Europe.
Favorite classes: Physics, French, English.
Thanks to: The haters, my friends, and my parents.



Katya Markarian

Live fast. Die young. Be wild. Have fun. – Lana Del Rey

Favorite Song: Fade into you by Mazzy Star
Favorite artist: Lana Del Rey
Favorite Class: English

Julia Mazzarello

"Focus on what lights a fire inside of you and use that passion to fill a white space. Don't be afraid of the challenges, the missteps, and the setbacks along the way. What matters is that you keep going."

-Kendra Scott

Kaitlyn Ment-Khoury

"Slept through all my classes and still managed to graduate"

Favorite song: Solo by Future
Favorite artists: Future and Drake
Cherished Moments: Sec. five retreat campfire.
Future Ambition: I'll let you know in five years.
Probable destination: The beach
Favorite class: Lunch
Thanks to: I would like to give thanks to my parents for helping me tremendously over the past five years and to all my friends that helped me laugh my way through some of my failing grades!

Kaylin Montour

"Did this last minute just like all my assignments" -Author unknown

Favorite song: The Morning
Favorite artist: The Weeknd
Cherished Moments: Seeing "my dolls" <3
Future Ambition: Become my own boss.
Probable destination: California
Favorite class: English
Thanks to: Ms. Jones and Ms. Vaupshas

Bianca Paolucci

"As I end off this chapter of my life, I've been taught to learn from the hard times and be humbled by the good times. As long as you pursue your dreams and stay true to yourself you'll be able to accomplish anything."
– Bianca Paolucci

Favorite Song: "We found love" by Rihanna
Favorite Artist: The Weeknd
Cherished Moments: Away trips; sec. five retreat & sports tournaments
Future Ambition: To travel, raise a big family & pursue my career in the medical field.
Probable destination: Hair model
Favorite class: Online classes
Thanks to: To the Sacred Heart community. Thank you for the commitment, motivational thoughts and immense support that have shaped me into the young lady I am today. Thank you to my most precious blessings; my parents and siblings for encouraging and believing in me. Your unconditional love and efforts drove me to complete my high school journey.

Erica Paul

"There wouldn't be a sky full of stars if we were all meant to wish on the same one" –Frances Elliott Clark
Favorite Song: "I'm Good" – Bebe Rexha and David Guetta
Favorite Artist: Katy Perry
Favorite Expression: "But last year..."
Cherished Moments: Our last Christmas Wishes and DASHABUSTADD, my experience as DuRousier House Head, around the campfire at Camp Kinkora and sec three dance club. Also, the time I went over the word limit by 650 word's in sec 1 and had to rewrite the whole essay. But most definitely all the laughs we shared in class are moments that only lasted seconds, but have become memories that will last forever!
Future Ambition: Pediatrician
Probable Destination: Be at every concert
Favorite Class: Sec 2 Science
Thanks To: The teachers who endured my endless questions (especially Mr Pooyan and Mr Reda).

Maya Piscopos

"Everything happens for a reason"

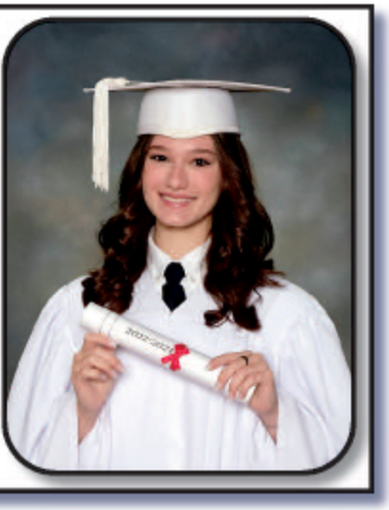
Favorite Song: Circo Loco by Drake & 21 Savage
Cherished Memories: My favorite moments are the camping trip when we were all balling our eyes out, singing Olivia Rodrigo songs in the locker room, and the memories we made sharing hotel rooms in Stratford and Toronto.
Future Ambition: Marketing
Probable Destination: Stay at home soccer mom
Favorite Class: Detente
Thanks To: I wouldn't have been able to complete my five years at Sacred Heart without my mom, dad, and brother. They have all individually given me tremendous amounts of support and advice to make my high school experience the best it could be. I want to thank Olivia Bourret, my best friend since Sec two. She has been there for me through dark times and has always supported me through any decision I made. My high school experience would truly not have been the same without her.

Sarah Price

"If passion drives you, let reason hold the reins." – Benjamin Franklin

Favorite song: Alone by Nico Collins, You'll Be On My Mind by Waycap and Emmi
Favorite band/artist: Skillet, Citizen Soldier, Set It Off
Cherished moments: Getting awarded, "Most Improved Player" in Sec four.
Future ambition: Competing in the Olympics
Probable destination: St-Lazare
Favorite classes: Phys. Ed, English, Science and Math
Thanks to: My family and teachers for always supporting me.

Alexandra Scodras



"Just a masterpiece trying to master peace." – Dalai Aya

Cherished Moment: That special French class with Mme Phaneuf
Future Ambition: Successful & Happy
Probable Destination: Anthropology study lab
Thanks To: All of my encouraging and supportive teachers. Do it for the plot, Gone Girl by SZA, Human Study Case and those who always supported and encouraged me. A special thank you to my paper, pen and creative imagination.

Téa Smeraglia

"So what we go out, that's how it's supposed to be, living young and wild and free."
– Snoop Dogg, Wiz Khalifa & Bruno Mars

Favorite Song: Act up – City Girls
Cherished Moments: Sec five retreat & Europe Trip 2023
Future Ambition: Living life with no regrets
Probable Destination: I don't know yet; but hopefully with lots of money in the bank!
Favorite Classes: English, History & lunch break
Thanks To: My family, Sacred Heart & especially NINJA GALS <3.

Emily Stevenson

"In 20 years it won't matter..." –Emily Stevenson

Favorite Song: Jimmy Cooks by Drake

Gabriella Szanajda Monticciolo

"If opportunity doesn't knock, build a door." –Kurt Cobain

Favorite song: Tripping Over Air by Aidan Bissett

Future Ambition: Alive
Probable Destination: Mars or the Moon
Thanks to: My parents for creating me.

Lucy Tretiak

"I'm proof that you can graduate without studying."

Favorite Song: One Rainy Wish – Jimi Hendrix
Favorite Artist: Jack Johnson

Marianna Triassi

" I was gonna think of a better quote but I was late."

Favorite Song: Sarà Perché Ti Amo, Ricchi & Poveri
Cherished Memory: The water balloon incident
Future Ambition: To live life to its fullest
Probable Destination: CEO of my own company
Favorite Classes: Math, Lunch, and Détente
Thanks To: My sister, my Parents, my Grandparents, my Aunts, my cousins and especially NINJA GALS <3.

Jacqueline Vincelli

"I'm seventeen going under."

Favorite Song: Someone in the Crowd by La La Land cast
Favorite Band: Kings of Leon

Raffaella Vincenti

"I cannot do this alone. I need my mommy and I don't care who knows it." –Rory Gilmore

Favorite Song: Energy by Drake
Cherished Moments: Soccer and Basketball away tournaments, Stratford trip, Kinkora and singing with the grade.
Future Ambition: Pediatrician Probable Destination: Stay at home mom
Favorite Classes: Math and Science
Thanks To: My high school experience would have not been possible without my parents, sisters and my extended family who have always supported and encouraged me. They have never doubted any of my dreams or ambitions and have only convinced me more that I am capable of achieving anything. The friend's that I have made have become my family, and have made my five years truly amazing. I would not have changed it for anything.

Yixuan Wang

"Today was good. Today was fun. Tomorrow is another one." – Dr. Seuss

Favorite Song: Celebrity by IU
Future Ambition: To have friends around me, money in my bank account, and a cuddly cat!
Probable Destination: On Earth, probably... Maybe Mars.
Thanks To: The Big Bang for creating me, although it took 13.82 billion years.

Madison Wareham

"Don't compare yourself to others. There is no comparison between the sun and the moon. They shine when it's their time." –Dr. APJ Abdul Kalam

Favorite Song: I Lived by One Republic
Favorite Artist: Benson Boone
Cherished Moments: Sports, the small moments in classes, and the bonfire at sec five retreat.
Future Ambition: Physiotherapist
Probable Destination: Injured
Favorite classes: Math, Science, Phys. Ed and Art
Thanks to: My parents who support me in everything I do, my brothers for all their advice and tutoring, my grandma for being my number one fan, and finally to my best friend, for always being there for me.

Cassidy Wilson

"Well, that went slightly better than the worst it could have possibly gone, so hooray?" – Todd Chavez

Favorite Song: After The Storm by Kail Uchis & Tyler, The Creator
Favorite Artist: Tyler, the Creator

Céleste Zabbal

"Courage is the most important of all the virtues, because without courage you can't practice any other virtue consistently. You can practice any virtue erratically, but nothing consistently without courage."

–Maya Angelou

Mélodie Zabbal

"The old rules are crumbling and nobody knows what the new rules are. So make up your own rules."
–Neil Gaiman

Favorite Song: Cigarette Daydreams by Cage the Elephant
Favorite Band: Cage the Elephant
Cherished Moments: The camping trip; the multiple 'strikes' we got as a cabin, Stratford, Stansted, singing in the locker rooms, getting scared when Jackie and Cassy jumped out from the woods. The scary walk around the campsite and the talks we had in the hotel room in Stratford.
Future Ambition: Criminal psychologist Probable Destination: Housewife to thousands of daughters
Favorite classes: Psychology and English
Thanks to: The 'girlies' in our grade.

Ariana Zacchigna

"Good afternoon"

Favorite Song: Rolling in the Deep by Adele
Favorite artist: The legend herself: Adele
Cherished Moments: It's not Friday yet; GS
Future Ambition: Nurse
Probable Destination: Raising the doctor's blood pressure.
Favorite Class: Chemistry
Thanks to: Very special thanks to the special people in my life! You know who you are.

Keira Zerbino

"I feel fine I just cry myself to sleep every night" – Kourtney Kardashian

Favorite Song: Polemique by Freeze Corleone, Central Cee
Favorite Artist: Taylor Swift
Future Ambition: Criminologist
Probable destination: Criminal
Favorite classes: Anything but Physics
Thanks to: My dog Pepper.

class of 2023

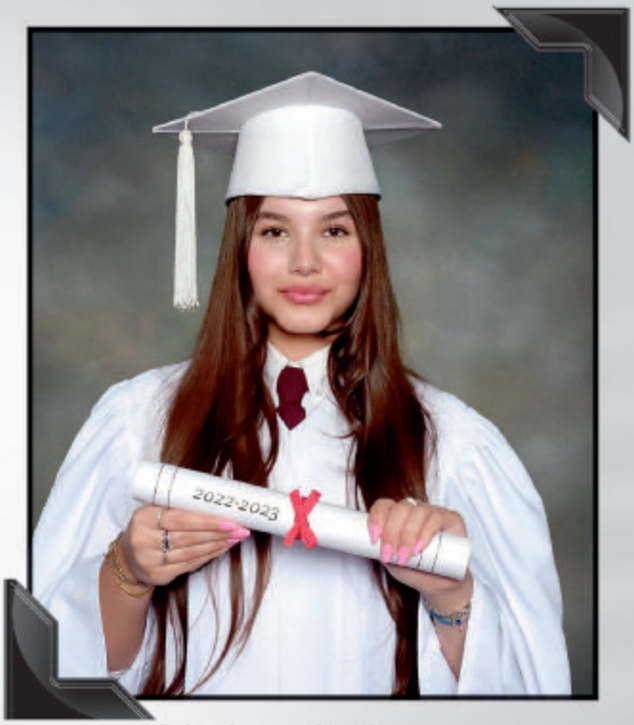
Thanks for the memories...

How lucky I am to have something that makes saying goodbye so hard.

-Winnie the Pooh

A Message from the Editors

Ariana Zacchigna



Kaylin Montour

As we worked diligently on creating this memory book, we learned that leadership and determination is what made this year's edition successful. Although there were struggles, our perseverance allowed us to come together and create this eventful yearbook in collaboration with the yearbook committee and our advisor Ms. Jones. Remember the good times as you turn the pages and review the past year. We truly hope you enjoy the 2022-2023 Memory book!

Kind regards,
Ariana & Kaylin

Yearbook Team

Memories

Thank you to our Memory Book team: Alysia Addona, Olivia Blizzard, Pak Yung Chan Skyla Derix, Marlena Fok, Ivana Galati, Hannah Robertson, Sofia Scalzo, Gabriella Szanajda Monticciolo, Yixuan Wang, Vivienne Worley, Zihan Wu

Published in Canada Printed in USA